Health-Wise

IS RAW MILK SAFE?

Allan R. Magie, Ph.D., M.P.H.

Recent years have witnessed a return to "natural foods." Among the promoted products that are supposed to contribute to better health is raw or unpasteurized milk.

Pasteurization has been one of the most important steps in protecting the public's health from milk-transmitted diseases. Pasteurized milk has rarely been linked to such human illnesses as salmonellosis, brucellosis, tuberculosis, Q fever, typhoid fever, shigellosis, and streptococcal disease. In countries where milk is not routinely pasteurized milk-borne transmission of these diseases remains a significant problem.

Two facts are important to remember: (1) Adults do not need milk. No other animal drinks milk beyond the weaning stage. (2) Raw milk would be a good product if it did not contain disease organisms.

Proponents of raw milk claim that pasteurization, besides killing certain bacteria, also "kills" certain nutrients. It alters, they claim, protein, destroys "certain vitamins" and reduces the level of available minerals. Let's look at these claims.

Alters protein. It is well known that heat destroys enzymes, but whether they are necessary to remain healthy is debatable. The human body produces all the enzymes it requires for normal function. The acid in the stomach destroys most food enzymes anyway.

Destroys vitamins. The main ones mentioned are A, C, and some of the B complex. Actually there is not enough vitamin C in milk to prevent scurvy. Citrus fruits, tomatoes and other fresh fruits and vegetables contain ample amounts. The same arguments apply to the other vitamins.

Reduces available minerals. Although there is some question whether it is less available after pasteurization, calcium, a mineral needed by everyone and one of the main minerals supplied by milk, is also abundantly found in other foods.

What about the health risks of using raw milk? In California, one of the states where use of unpasteurized milk is strongly promoted, at least 2,150 cases of salmonellosis (an intestinal infection caused by a bacterium) resulted last year from its use. The actual number of human victims is undoubtedly much greater than reported. (Experience has shown that there are at least 100 cases that go undiagnosed and reported for every diagnosed case.) While not growing any faster or "better," children drinking raw milk suffer significantly more from diptheria, scarlet fever, intestinal disturbances and rickets. Even calves raised on pasteurized milk did as well as those given raw milk.

Don't take unnecessary risks. If you drink milk, make it pasteurized!

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RONNIE NAPIER WAS WINNER of pie eating contest at the Pamplin Community Center Family Day. His prize was a tackle box donated by R & K Grocery.

APPOMATTOX COUNTY HIGH SCHOOL
VOLLEYBALL
1979

Date	Day	Team	Place	Time
9-11	Tues.	Albemarle	H	7:00
9-13-14-15	Thu-Fri-Sat.	Invitational Tour.	Jefferson Forest	5:00
9-18	Tues.	Liberty	H	4:30
*9-19	Wed.	Albemarle	A	4:30
9-20	Thur.	Nelson	H	4:30
9-25	Tues.	William Campbell	A	4:30
9-27	Thur.	Altavista	A	4:30
10- 2	Tues.	Gretna	H	4:30
10- 4	Thur.	Brookville	H	4:30
10- 9	Tues.	Rustburg	A	4:30
10-11	Thur.	Jefferson Forest	A	4:30
10-16	Tues.	Amherst	H	4:30
10-20		District Tournament	H	

*This date may be changed.

APPOMATTOX COUNTY HIGH SCHOOL
VARSITY FOOTBALL SCHEDULE
1979

Date	Team	Place
9- 7	Gretna	A
9-14	William Campbell	H
9-21	Rustburg	A
9-28	Nelson County	H
10- 5	Altavista	A
10-12	Brookville	H
10-19	Jefferson Forest	A
10-26	Liberty (Homecoming)	H
11- 2	Buckingham	H
11- 9	Amherst	A

APPOMATTOX COUNTY HIGH SCHOOL
J. V. FOOTBALL
1979

Date	Day	Team	Place	Time
9- 5	Wed.	Blackstone	H	7:00
9-13	Thur.	William Campbell	A	6:00
9-20	Thur.	Rustburg	H	6:00
9-27	Thur.	Nelson County	A	6:00
10- 4	Thur	Altavista	H	6:00
10-11	Thur.	Brookville	A	6:00
10-18	Thur.	Jefferson Forest	H	6:00
10-25	Thur.	Liberty	A	6:00
10-31	Wed	Buckingham	A	7:00

APPOMATTOX COUNTY HIGH SCHOOL
CROSS-COUNTRY
1979

Date	Day	Team	Place	Time
9-11	Tues.	Amherst	A	4:30
9-25	Tues.	Rustburg	A	4:30
10- 2	Tues.	Nelson	H	4:30
10- 9	Tues.	Brookville	H	4:30
10-16	Tues.	Jefferson Forest	A	4:30
10-22	Mon.	Liberty	H	4:30
10-27		William Campbell (Regional)		

Heights Cause Ills

Planning a trip to the mountains to get away from the heat for a week or so? So are several million other American families at this time of year.

If you're headed for some really high mountains, above 7,000 feet, it would be wise to make the change gradually to avoid "high altitude sickness." Anyone who has made a trip to Mexico City can tell you of his or her troubles in this respect.

Try, if you can manage it, to make the ascent over a span of days so that your body can adjust to the oxygen-poor thin air at higher elevations, the American Medical Association cautions.

Symptoms of high-altitude sickness are drowsiness, headache, blueness of the nails, lips, nose and ears, a feeling of warmth and flushing of the face soon after arrival, troubled sleep, irritability and shortness of breath.

If you are flying rapidly to a high altitude destination such as Mexico City, more than 7,000 feet, there are precautions you can take to prevent distress. Before departure, get a good night's rest and avoid alcoholic beverages and heavy smoking. A good breakfast an hour or so before departure is all right, but avoid food during the trip. And avoid alcoholic drinks in flight.

Reduce physical activity during the trip. Sit quietly as much as possible. After arrival in the high altitude area, go to bed for a few hours and eat very lightly. Indulge in only light physical activity for the first 24 hours. Walk, don't run, if you have to climb steps to the hotel or lodge.

Patients with certain heart and respiratory conditions may encounter more serious discomfort by abrupt changes to high altitudes. However, physicians have noted that most people with heart or lung problems who can move around and engage in moderate activity at sea level most often can tolerate altitudes of 7,000 to 8,000 feet without serious effects.

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photo by Joe Vaughan

MRS. DONALD WAYNE HARVEY
the former Miss Cheryl Lee Sharp

Wed in Evening Ceremony

The marriage of Miss Cheryl Lee Sharp to Donald Wayne Harvey took place at 6 o'clock Saturday evening, August 25, at Evergreen United Methodist Church in Evergreen, Virginia.

The bride is the daughter of Mr. and Mrs. Roy Lee Sharp of Appomattox and the granddaughter of Mr. and Mrs. Lacy Sharp of Appomattox and Mrs. Lula Ferguson of Lynchburg. The bridegroom is the grandson of Mr. and Mrs. Payton Harvey of Evergreen and Mrs. Pearl Wilson of Pamplin, Virginia.

The Rev. Thomas Boggs, pastor of the church, officiated at the double ring and candlelight ceremony.

The music selection was presented by Mrs. Cecil Harvey, pianist, of Evergreen, and Mrs. Cindy Thomas, soloist, of Appomattox. The music selection included, "You Light Up My Life," "The Wedding Song," "We've Only Just Begun," and "The Wedding March."

The bride was escorted and given in marriage by her father, Roy Lee Sharp.

The bride wore a gown fashioned of white silk and chiffon with short puff sleeves and a scalloped round neckline. White flowers covered the front of the gown and a chiffon band circled the waistline. Scallops edge the hem of the gown that ends in a long chapel train. A matching hat and veil was worn with the wedding gown.

The bride carried a bouquet of white roses, blue daisies and baby's breath.

Mrs. Robin Ford of Appomattox was the matron of honor. Bridesmaids were Miss Dianne Harvey, sister of the groom, Miss Susan Doss and Miss Sandy Jamerson, both friends of the bride.

Mr. W. A. Harvey, father of the groom served as the best man. Ushers were Mr. Gerald Sharp, brother of the bride, Mr. Ronald Harvey, brother of the groom and Mr. Phillip Paulette, friend of the groom.

Miss Laura O'Brien, cousin of the bride was the flower girl.

Mr. Brad O'Brien, cousin of the bride, served as the ring bearer.

Miss Susan Rosser, friend of the bride, and Mr. Larry Sharp, brother of the bride, attended the guest register. Larry Sharp also served as the groomsman.

Director of ceremony was Mrs. Edith Nash of Appomattox.

Immediately following the ceremony the reception was held on the church lawn. Mrs. Virginia Hancock and Mrs. Vivian Caldwell directed the reception assisted by Mrs. Inez Carter and Mrs. Katherine Nash, aunts of the bride, Mrs. Ida Bell Campbell, aunt of the groom and Mrs. Betsy Jamerson, friend of the bride.

After the wedding trip, the couple plans to make their home in Appomattox.

Tucker Reunion Held

The Tucker Family held their family reunion August 5, 1979. They also honored their father, James H. Tucker, on his 94th birthday at the home of Mr. and Mrs. Shelby Tucker of Spout Spring, Va.

Family members and guests included: Mr. and Mrs. Armond McCann and Melody Hall; Mrs. Bessie Motley, Miss Kathy Gallogher, Mrs. Deona Harvey, Mr. and Mrs. Clyde Burrell, Mr. and Mrs. Ernie Tucker and Ronnie, Mr. and Mrs. Rodger Bates and daughter, all of Appomattox, Va.; Mr. and Mrs. Dennis Arnold and family from Concord, Va.; Mr. and Mrs. Gordon Tucker and girls, Mr. and Mrs. Shelby Tucker, Mr. James H. Tucker, Clara Nichol, all of Spout Spring, Va.; Mr. and Mrs. Ed Collins and Eric Jennings, Mr. and Mrs. Phillip Owens and Troy Tucker of Birchleaf, Va.; Mr. and Mrs. Lee Tucker and family, Mr. and Mrs. Willis Tucker, Gerald and Kyle Tucker, Miss Tammy Hardy, Mr. and Mrs. Monroe Tucker, Mr. and Mrs. Robert Swanson and family, Miss Robin Swanson, Mr. and Mrs. Leslie Tucker, Mr. and Mrs. Johnny Tucker and family, Mr. and Mrs. Ivan Tucker and family, and Miss Viola Tucker all of Wilmington, Del.

Reception Will Honor Mr. & Mrs. Almond

The children of Mr. and Mrs. W. A. (Alfred) Almond will honor their parents with a reception on September 2, 1979 on the occasion of their 40th wedding anniversary. The reception will be held from 2 to 5 o'clock in the afternoon at their home.

All friends and relatives are invited to attend.

SOCIAL BIRTHDAY LUNCHEON

Joe Johnson was recently honored on his birthday with a luncheon at the home of his parents.

Those present were Mr. and Mrs. Donnie Shelton and daughter, April; Marie Ball of Marion; Joe and Betty Johnson of Spout Spring; Mr. and Mrs. J. P. Johnson, Jr.; Mrs. Vina Kress; Mrs. Eula Johnson of Appomattox; and Mr. and Mrs. Phillip Asal of Farmville.

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Mr. and Mrs. W. Lawrence Amos

Celebrate 25th Anniversary

Mr. and Mrs. Lawrence Amos were honored on Sunday, August 5, 1979, with a reception given by Mrs. Amos' daughters and sons-in-law, Mr. and Mrs. Floyd E. Williams and Mr. and Mrs. Richard B. Poe at the home of Mr. and Mrs. Floyd E. Williams, Falling River Acres, Appomattox.

Mr. and Mrs. Amos were married on August 3, 1954.

Attending the reception were friends and relatives of the honored couple.

Mr. and Mrs. E. P. Snow

Celebrates 50th Anniversary

Mr. and Mrs. Elmo P. Snow of Appomattox were honored on Sunday afternoon, August 26, 1979, with a reception at the Appomattox County Rescue Squad building in celebration of their 50th wedding anniversary.

Hosts for the reception were some of their children and their families, Mr. and Mrs. Johnny Paulette of Appomattox, Mr. and Mrs. William F. Jennings of Red House, Mr. and Mrs. Philip D. Snow of Roanoke and Mr. and Mrs. David B. Snow of Troutville, Va.

Mr. and Mrs. Snow were married on August 31, 1929 in Roanoke. They have 12 children, 33 grandchildren and 4 great grandchildren.

Friends and relatives were invited.

Birth Announced

Mr. and Mrs. Kirk Harris of Gladstone are proud to announce the birth of their daughter, Erica Renee', born August 14, 1979, at Virginia Baptist Hospital. She weighed 6 pounds and 9 ounces.

Maternal grandparents are Mr. and Mrs. L. B. Clements of Crewe.

Paternal grandparents are Mr. and Mrs. Crawford (Doc) Harris of Gladstone.

Couple Honored

Miss Susan Doss and Miss Sandy Jamerson entertained with a poolside dinner on Friday, August 17, at the home of Sandy Jamerson honoring Miss Cheryl Sharp and Mr. Donald Harvey. Those attending were Mrs. Robin Ford, Miss Dianne Harvey, Miss Susan Doss, Miss Susan Rosser, Miss Sandy Jamerson, Mr. Ronald Harvey, Mr. Gerald Sharp, Mr. Phil Paulette, and their guests.

The wedding of Miss Sharp to Mr. Harvey will take place on Saturday, August 25 at Evergreen Methodist Church at six o'clock in the evening.

Mr. and Mrs. Carroll Robinson of Baltimore, Md. spent the week-end here with Mrs. Bessie Robinson and Mrs. Dorothy Patrick. Also visiting in the home were Mr. Mitch Ferguson, Mr. Pat Ferguson of Baltimore, Md. and Mr. and Mrs. Dee Ferguson of Appomattox.

***

Mr. and Mrs. Oscar Stenman of Vinton, Va. spent the weekend with relatives in Vera, Mrs. Irene Kanipe, Mrs. Annie Garrett, and Mr. and Mrs. Lawrence Amos.

Birth Announced

Mr. and Mrs. Larry Inge of Spout Spring are proud to announce the birth of a son Jeremy Dean, born July 24 1979 at Virginia Baptist Hospital. He weighed 6 pounds and 12 ounces.

Maternal grandparents are Mr. and Mrs. Roy A. Booth of Spout Spring and paternal grandparents are Mr. and Mrs. Holmesy Inge of Appomattox.

Society

Marie Fraley, daughter of Mr. and Mrs. Charles Fraley, Jr., a sophomore at James Madison University in Harrisonburg, returned to school Sunday after spending the summer with her parents.

***

Teresa Harris, daughter of Mr. and Mrs. Ralph Harris has returned to Longwood College in Farmville where she is a junior this year.

***

Richard Ferguson, a student at James Madison University returned to school Sunday after spending the summer with his parents, Mr. and Mrs. Murrell Ferguson.

***

Cynthia Harris has returned to Mary Washington College where she is a senior this year. Cynthia is the daughter of Mr. and Mrs. Ralph Harris.

***

Kathy Marshall, a student at James Madison University, has returned to Harrisonburg after spending the summer with her parents.

***

Bill Vaughan, son of Mr. and Mrs. Lloyd Vaughan, left on Saturday for Ferrum College in Ferrum where he is a freshman this year.

***

Reid Johnson, son of Mr. and Mrs. Hugh Johnson, left Saturday to enter Ferrum College in Ferrum.

Mrs. Martha Cox of Richmond spent several days recently with her mother, Mrs. Vina Kress. Visiting in the same home were Mr. Milton Womack, and Mrs. Linda Roach of Richmond.

* * *

Luncheon guests recently of Mr. and Mrs. J. P. Johnson, Jr. were Mr. and Mrs. Ralph Johnson, Mrs. Dale Mitchell and two children, Tammy and Harry, of Ashland, Mrs. Shirley Martin of Lynchburg and Joe Johnson, Vina Kress and Eula Johnson of Appomattox.

***

Mrs. Elizabeth Abbitt of Waynesboro, formerly of Appomattox, has been visiting Mrs. Frances McD. Cheatham and Miss Mildred McDearmon. Among those who entertained or visited her while she was here were Mrs. Ella Anderson, Mrs. Myrtle Scruggs, Mrs. Elizabeth Reynolds, Mrs. Elaine Spencer, Mrs. Rachel Lawson and Mrs. Annie Laurie Sears.

***

Mrs. Helen Welch Harvey is a patient in Lynchburg General Hospital where she underwent surgery on Monday of this week.

***

Mrs. Jim Hill and two children of Detroit, Michigan spent last week with Mr. and Mrs. Howard Ferguson.

Mrs. Mary Fuller of Virginia Avenue has had as summer guests her grandchildren, Stephen and Andrea Fuller of Riverside, California; also Mr. and Mrs. Stuart Fuller and son, Jonathan, of that city vacationed here last week. While staying with Mrs. Fuller, they have visited many friends and places of interest.

Stephen and Andrea flew from Richmond to Los Angeles August 23 after a fun-filled vacation.

* * *

J. Lloyd Hudson visited relatives in Roxboro, North Carolina and in Clarksville Thursday and Friday of last week.

MRS. LARRY DANIEL CLAPP
THE FORMER Miss Melinda Ann Allman

Wed in Afternoon Cremony

The marriage of Miss Melinda Ann Allman to Larry Daniel Clapp took place Saturday at 2:00 in the afternoon, August 25, 1979, at Bethany Place Baptist Church in Richmond, Va.

The bride is the daughter of Mrs. Beverly J. Allman of Grants Pass, Oregon and Dr. Daryl M. Allman of Fairfax, Va.

The bridegroom is the son of Mr. and Mrs. Daniel A. Clapp of Richmond, Va.

Larry Clapp is the grandson of Mrs. Ruth Clapp of Appomattox, Virginia and Mrs. H. B. Cralle, of Evergreen, Va.

Rev. Donald Reid, pastor of Glade Baptist Church of Blacksburg, Va., officiated at the double ring ceremony.

Best man was the groom's father, Daniel A. Clapp.

Miss Marsha Tobin was maid of honor, friend of the bride. Miss Tobin also designed and made the bride's wedding gown.

Bridesmaids were Miss Robin Allman, sister of the bride; Miss Laura Adams, Miss Christie Binford and Miss Lisa Holland, niece of the groom. Ushers were Mr. David Clapp, cousin of the groom; Mr. Turner Cole and Mr. Ronnie Eubank.

Following the ceremony, a reception was held in the fellowship hall of the church.

Mr. and Mrs. Larry Clapp will return to Blacksburg, Va. where they will both complete their senior year in engineering at V.P.I. and S.U.

The parents of the bridegroom hosted a dinner on the lawn of their home on Friday evening, August 24. Following the rehearsal, they also gave a reception for the wedding party, out-of-town guests and friends.

Marriage Announced

Mr. and Mrs. Curtis H. Price of Pamplin have announced the marriage of their daughter, Peggy Sue, to Richard Francis Rousseau, Jr., son of Mr. and Mrs. Richard Francis Rousseau, Sr. of Orange Park, Florida.

The wedding took place Tuesday, August 21, 1979 at noon in Charleston, South Carolina.

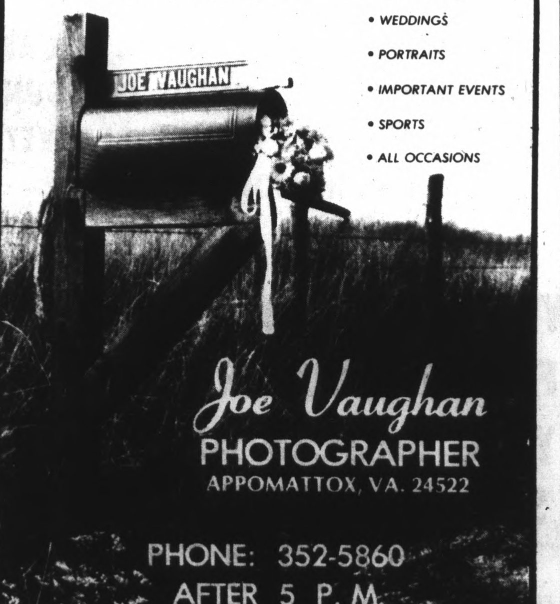
The couple will make their home in Orange Park, Florida.

Miss Sharp Honored

Miss Cheryl Sharp was honored with a kitchen shower and an old fashion pounding on Thursday, August 16, at the home of Sandy Jamerson. Hostesses for the event were Susan Doss, Teresa Elliott, Shelly Bryant and Sandy Jamerson. Guest included Mrs. Roy Sharp, mother of the bride-elect, Mrs. Albert Harvey, mother of the bridegroom, and many of Miss Sharp's friends.

Miss Doss and Miss Jamerson will be attendents in the wedding of Miss Sharp to Mr. Donald Harvey on Saturday, August 25.

Happy Birthday Jim!



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Our last increase was in October of 1978. Since then the cost of newsprint has gone up twice, from $320 per ton to $345 per ton.

Postage rates for newspapers, as well as magazines, have increased dramatically in recent years. These increases have totalled 413 per cent since 1971. The most recent increase was 22 per cent the first week of July.

Other operating costs have increased as well, leaving the Times-Virginian no choice except to ask our readers to share with us these additional expenses.

For our local subscribers, the annual rate of $7.50 means that the actual cost of each issue is less than 15c.

We share with our readers a great dismay at these, and many other price increases. We find no alternative but to ask the continued support and understanding from our readers, as we endeavor to produce the best newspaper possible at the most reasonable price.

The Times-Virginian, Inc.
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